

Balance365 Episode 194 Transcript

ANNIE BREES (INTRO)

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host Annie Brees, along with co-founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach 1000s of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental, and emotional well-being with amazing guests. Enjoy.

ANNIE

Hello, my friends, we have got a special episode for you today an interview with one of our beloved Balance365 members, Nancy Santos. Now, full disclosure, Nancy has actually left our program, or as we like to say, graduated, and she is out in the world doing her thing, practicing the habits and the skills that she learned while working with us like the grown ass woman she is, which is exactly what we want for people: to get in, learn what they need to learn to get the results they want to get, and go back out in their lives knowing that struggles with food fitness and their weight are behind them. Nancy has been an absolute joy to coach and we can't wait for you to hear her story. If you love what you hear today and want to get off the diet roller coaster like Nancy did, make sure you register for our free workshop. It is going down next week, "Cut the Crap: How to Simplify Weight Loss and Get Out of Your Own Way." The link is in our show notes to register.

ANNIE

Jen, we have another guest on today's show. Are you so excited?

JEN CAMPBELL

We do, a very special guest.

ANNIE

Hi, Nancy, how are you?

NANCY SANTOS

I'm doing really good. I'm excited to be here.

ANNIE

Welcome to the podcast.

NANCY

This is surreal.

ANNIE

Are you so excited to spend the next however long talking about you?

NANCY

I am. I feel like I've done that quite a bit with you too. So I'm like, "Okay, let's let everybody else listen."

ANNIE

As you should in coaching, it's really a time for members to focus on themselves. Right? Like that's the intent.

NANCY

Right. And then just any guidance through whatever is going on in my head. But without everything that's happening everywhere else. Like, "Okay, let's just focus on me. And that's it." Yeah.

ANNIE

Mm-hmm. Which sometimes can be a rare experience for women to have this uninterrupted, hyper-focus time just on them and their behaviors, their thoughts, their struggles, right?

NANCY

I mean, it's been a really amazing experience for me.

ANNIE

Yeah. Well, before we get into your amazing experience, tell us a little bit about yourself. How did you find Balance365?

NANCY

So let's see, I found Balance365 right after my son was actually born, he is four and a half now. And when I was starting his journey on eating, and all of the things that a new mom is like, "Okay, what do I do now? And how do I do this?" And knowing that I wanted him to have a different experience than I did. And so then I went into a baby-led feeding group. And I got to see his experience going through that. And, me really wanting to have that experience for myself. And then I was like, I want to have the freedom that he does. I remember one of the first times that he even left some chocolate on his plate. And I'm like, "I'm not familiar with this concept. How is it that a child is even leaving chocolate," but it's because I have never restricted him and he still does it to this day. And it's been amazing. And so then a mom in a feeding group had said something about Balance365 and I'm like, "Okay, I think that's a group for me then." And I wanted to discover more about having this journey for myself.

ANNIE

Well, tell me, I think that's a great segue into where were you at that time? Like what...What was your life like before you found Balance365?

NANCY

Basically my entire life I have been on a roller coaster diet, roller-coaster weight, roller coaster...My weight has been up really high. It's been down pretty low. I grew up thinking, you know, that if you just were added to variable weight, that magically, you would just stay there because that's how I saw my friends. But I didn't experience that. And so I, the only thing that I knew was that to be able to lose weight, you had to do a super restrictive diet. And so that was my journey as an adult, is I would do meal replacement diets, and I would be super restrictive, and I would lose a lot of weight. And I would stay there for not even a month, and then I would start going right back up again. So it was just a constant up and down my entire life. And I am 43 now. So it's been a really long time of ups and downs.

JEN

What was your emotional and physical health, like, with those ups and downs, Nancy?

NANCY

It was never good. As I was going down, I knew I could do it, I knew I could be super restrictive, I could hold to like, whatever. But then as soon as I was at whatever goal that I had in mind, then I would just completely go in the opposite direction. And I felt like such a failure that I couldn't hold to because of that initial belief was, once you're at that desirable weight, you could just stay there. And so I always felt that I was failing. And I didn't know what I was failing, or how I was failing. But I definitely felt every single time I would start to go up. And I'm like, "Well, this is obviously me, because I did the diet correct. And so what else could it be then?"

JEN

So kind of that finish line analogy that we talk about, that you had a belief that you could do a diet for a certain amount of time, reach a weight, that's it?

NANCY

Exactly. And it was like, and then I'd be there, and ta-da.

JEN

[Laughs]

NANCY

And I never stayed at that fish in line.

ANNIE

What I also hear you describing, Nancy, is taking a lot of responsibility for the reasons you can't sustain that. Right? Like, you were..you were broken. You needed more willpower, determination, or better choices or discipline to stick to it.

NANCY

Right. Exactly. It was always me, I was always the problem. And so I was just like, "Well, I don't know what I'm doing wrong then." And so I would just continue on and then do another super restrictive diet to get back down. Because I knew that that did work.

ANNIE

Yeah. I know you've mentioned a little bit ago, when you were describing your son's experience, this freedom with food. Can you tell us more about what appealed to you about Balance365? Like what was the one thing that you saw, you heard, you learned from us that made you go, "I have to join? Like that's for me."

NANCY

It was the concept that I could get off the roller coaster, that there really was a way for me to live my life and be done with the diet roller coaster, that I really could learn the habits that I needed to have to be able to live my life the way that I wanted to lead my life. And that excited me, like to know and I was like, "Oh my goodness, I can actually do this. Somebody will teach me how to do this."

JEN

Any resistance there, Nancy, or were you fully ready for this message, idea, philosophy?

NANCY

I really was ready. I had always wanted it. And I had looked in incorrect places for that guidance. And then being able to witness that it really was possible, like through my son's eyes and going like "Oh wait, well, if a child really can do this, then somehow, somewhere I got messed up. And so then this Balance365 program really can like teach me back to how to do this. How my brain like wants to have me live my life."

ANNIE

So you weren't like cautious or leery at all? Because that is something that we've heard from members. They, like they maybe initially joined. But then there's almost this like, this is too good to be true. Or this is too easy, or this is too simple.

NANCY

Well, the concept was like, I'm there, I can do it. And then actually doing the work to get all of those things done. That process was not easy. But the concept that was delivered, going like, "Oh, okay, that's what I have to do. Okay, I think I can do this," but there was a lot of mindset shifts that had to happen to get me to the point where I started to actually be able to implement everything and to have it sink into my life and to now have it a seamless part of my life.

ANNIE

I love that you mentioned mindset shifts, because so often women want to change what they're eating or how they're eating or, you know, and really, you know, we know that it boils a lot down to the mindset, the beliefs, the thoughts behind their behaviors. What would you say were some of those beliefs that you had to shift in order to be successful with us?

NANCY

I think a big one for me is that I could actually make the changes, and that I could sustain the changes for a long time, that this wasn't just a temporary band-aid or a temporary fix, to be able to get me something quick. But it could actually be something that I could continue doing for the rest of my life. And since I had never done something for a long term, I didn't have the faith in myself, that I could actually make lifelong changes, that I would be able to sustain. And so for me, I just didn't have the faith in myself. But then eventually, I really did. And that was mind-blowing to me, that I could actually believe in myself.

ANNIE

How do you think that happened? And how did you -

NANCY

Through coaching. [Laughs]

ANNIE

- rebuild faith? Well, I love that answer. [Laughs]

NANCY

Through coaching.

ANNIE

But, like honestly, you did the work, we might have, like, shined some light on some opportunities, or offered some potential solutions. But you did the work to rebuild the faith in yourself, like, what do you think made that possible?

NANCY

I think it was that the coaching program really was laid out in a way that it was small increment changes. And so it wasn't like a huge overhaul overnight. And so by being able to make those small changes over and over and over again, I didn't realize that I really was making all the changes. Other people around me were noticing it, I think a little bit before I was. And so then that's why I'm saying it was actually a coaching call with you, Annie, that you're like, "Well, make a list of all the things that you have changed in like the last year." And I did and I was like, "Oh, my goodness, this is a massive list. And I'm super proud of all of those things." And so now whenever I sort of doubt myself, I actually go back and I read the list to say, "See, I really can change. And all of these things are still true."

ANNIE

And I think what I hear you, again, describing, is almost like coming to us with a fixed mindset, which is something we've talked about on podcasts before, we talk about it in coaching. And it's this belief that like I am who I am, I cannot change. And it sounds like you might have had a fixed mindset when it came to your behaviors and your weight loss. But in committing to small consistent changes, it was proof that with continued effort, you will get results. And so for you to

like revisit that list every time you're questioning that or doubting that I think is so powerful, like, here's the proof. That way you continue to put an effort you show up, you're consistent, you will see changes, right?

NANCY

Here's the proof in myself, not just somebody else's success story, I could look at my success story. And I could like, see all of those things, and go, "Wow, I really am capable of doing these things. And I can have the faith in myself to continue going on."

ANNIE

I love that, that's such a beautiful, like distinction between, you can draw inspiration from other people's story, but you can also draw inspiration from yourself.

NANCY

Yeah.

ANNIE

That's beautiful. So speaking of small changes, what would you say is your favorite habit you picked up in Balance365?

NANCY

A favorite habit. All of them are so amazing. Internal cues. I think that one for me was really massive to actually also trust my body, that my body would tell me when it needed more and when it needed less. That was a foreign concept to me that my body actually knew what it needed. And that goes for, like what food I put into it and being able to realize that if I wanted to have something that would typically be off-limits, but now not having those limits, that I could still listen to myself and go, "Okay, but now I'm done." Or, "Do I really want that? Because I can always have it later. I don't have to have it now." So that was really, that was really amazing. And also for movement. That was also a really big internal cue moment for me is applying that to my movement habit. Because five years ago, I was diagnosed with MS. And one of my symptoms is fatigue. So I get exhausted so easy. And I used to run before and I used to do really hardcore workouts and I loved it. And then I got diagnosed, and I couldn't do that anymore. And I didn't know where to go. And so now I apply the all or something, and I go for a walk when I have that energy. And when I don't even have the energy for that, then I know I can still stretch my body because I know I will still feel better if I can do that. So if I'm always doing that forward motion.

JEN

You make the best choice you can with the circumstance you wake up with that morning.

NANCY

Exactly, yeah, 'cuz it's all about me and what I can do and knowing my own body and my own limitation.

JEN

I also, I want to make sure our listeners understand that where you're at now likely isn't where you started. And I know you described internal cues to us as being your most favorite habit in Balanc365. But I bet it took you some time to really hone those in. I bet you had some failures.

NANCY

Yes. And I remind myself of those failures every once in a while when I still go over my internal cues. I'm like, "Oh, yeah, that's why stop now. That's why I would have stopped back then, because I enjoy being comfortable in my own body now." But that took months of practice to get to the point where now it's just sort of what I do. But at the beginning, I was not good at it. I really had to like look at my hunger scale at every single meal before I ate, after I ate, to really be able to think about it and actually consider where my body is at in the moment, not just, "Well, it's this time and that means I have to eat. Am I actually hungry right now? And am I full now? Because I did have a snack, then maybe I won't eat as big of a meal."

JEN

Right. And what...Did you have any resistance to internal cues when you first got started, Nancy?

NANCY

I chose to actually pick breakfast to start with because it was pretty easy. I was pretty neutral with that one. And I typically ate the exact same thing all the time. And so then I was able to go, "Okay, well when I wake up, I'm like this number. And then I'll go ahead and eat." And I'm a stay-at-home mom. And so if I get hungry, then I know I can always go and get something else to eat. And so there was never a risk there of still being hungry. So that was a bonus. But once I got breakfast more cued in, then it made moving those to lunch and dinner a little bit better. Because once again, I got to look at my own history and see that I can do it.

JEN

Yes, you broke it down into like manageable bites. But what was probably just challenging enough for you built up some confidence, momentum and brought it into your other meals.

NANCY

Yeah. Yeah.

JEN

Because it's a transferable skill, isn't it?

NANCY

It is. Yes.

JEN

Awesome.

ANNIE

Yeah. Speaking of all these changes that you made, did you notice any results, any...?

JEN

[Laughs]

ANNIE

Like, what was the outcome of these changes? How'd you feel? Like physical emotional...

NANCY

I became more content in my life and more happy in my life because I stopped focusing so much on the roller coaster, and I really got to focus in on what my body could do. And my weight, because I did originally join coaching for weight loss, my weight actually plateaued at the top, but I was okay with that, because at least it wasn't going up anymore. It plateaued for a good five months. But I was like, "Okay, these small changes, eventually, something will happen."

JEN

Yeah.

NANCY

Yeah. And so I just, I kept sticking with it, and going more and more and I was like, I know at one point, that will just be enough to nudge me over, and then I started I really slow weight loss. And I was like, "Oh my goodness, it's happening, and I don't feel like I'm doing very much," because all of those habits were then in place. And so that was really amazing. And then in about eight months or so I'm not even sure exactly how long it took for that weight loss to continue going down, but I lost 40 pounds. Which was amazing that I was like, "Oh my goodness, it happened. I've lost 40 pounds. And I don't feel like I've ever restricted myself. And I moved my body but not in a, 'it's because you've eaten something bad.'" I've never been on that side, either. I now just enjoy my life. And I lost weight. Like, this is a concept that is not familiar to me, but I love it now. And then, and then after losing the 40 pounds, I've now plateaued down at the bottom, which has never happened to me in my entire life. And I'm down here now, for five months.

JEN

So you've been maintaining -

NANCY

I have been maintaining.

JEN

- your weight loss.

NANCY

Yes, which is quite amazing.

JEN

White knuckling around it, or does it feel pretty effortless?

NANCY

It has felt pretty effortless. Because, since I'm not restricting myself, if I want something, then I have it, but I actually check in with myself of, "Do I want it now, do I want it later? Do I not want it at all?" And I can actually ask myself that question and be honest with myself. And if I do have it, then I don't feel guilty about it because I actually made the choice. I didn't just mindlessly do it.

JEN

Yeah, that's awesome.

NANCY

Yeah.

ANNIE

Nancy, your experience with practicing, the time that it maybe took you to practice and master some of these skills, before you actually started seeing results, reminds me of that boiling water analogy that's like, water boils at 212 degrees, right? 211 degrees, we're not boiling. But that doesn't mean we haven't like, been heating up. And that that energy and that effort is not for, you know, all for nothing. It's like it's moving us towards something. And sometimes you just need to like, just keep going, just keep going, you're gonna tip over that edge. And all of a sudden, you're going to be boiling.

JEN

For the Canadians listening, that's Fahrenheit that Annie is referring to. [Laughs]

ANNIE

100 degrees Celsius. For the Canadians.

NANCY

[Laughs]

ANNIE

Okay, for the rest - [laughs]

JEN

For the rest of the world.

ANNIE

Pretty much the rest of the world besides the United States.

JEN

Yes. Things are still heating up at 90 degrees, 93 degrees, 97 degrees. But that boiling point, you hit it.

NANCY

Yeah. And that was really amazing. And when I was, even before I was at the boiling point, I still felt better in my body, even though I wasn't seeing the results that I wanted to ultimately see, I was still feeling better. And so if I could sort of scoot out and observe everything, then I was like, "This is still worth it. Even if I'm not able to have the weight loss," which ultimately I was able to, even if I hadn't, I still felt better in my body. And that was worth it to keep going.

JEN

Was it even a surprise for you to be maintaining, when you joined and you were at a higher weight? And just being able to maintain that? Was that a surprise to you?

NANCY

I think so because when I first started, and I did the diet deprogramming, my weight did go up because I stopped restricting. And then once I started going through all of the habits to actually change what I was doing, then that's when I was able to maintain at the top and still not restrict. And so I was like, "This is an interesting concept. But I'm not restricting. I'm having what I want. And I'm maintaining, even though I'm at the top, but I'm not going any higher." That felt really good.

JEN

Awesome. And is it...Has it been strange, or I guess what's the word, discombobulating at all to be maintaining at the lower end now?

NANCY

It has. I'm surprised at times, I see pictures of myself and I'm like, "Oh, that's a really good angle." And I'm like, "No, that's just what I look like now." [Laughs]

JEN

[Laughs]

NANCY

Yeah, it's just, it's really, it's really amazing. And to be able to hold my four-and-a-half-year-old son who weighs about 40 pounds, and so he weighs how much I have lost really, how in the world do I move around so easy? But then at the other side of it, it's actually given me more excitement to do things with him when I'm holding him, when I'm like, "Well, I used to be able to jump when I weighed that much so I can jump when I'm holding him now." Because I know my body is capable of that. And so it's exciting on that side of it too.

ANNIE

Awesome. You know what I really I love about your story, Nancy? And like many others we've had in the member spotlight podcast episodes, is that you're actually not a current member, you have decided to leave coaching, fly on your own. And as much as I miss seeing your face in the group and on coaching calls, I think Jen and I have said time and time again, that ultimately, like, our goal for our members is to gain the skills and the confidence and the knowledge that they need to go out on their own. And here you are, like, you're doing it on your own. But it wasn't without a little FOMO, right? [Laughs]

NANCY

Because I love you two. And I love all the coaches, and I love all the members and the support. And being able to listen in on other people's coaching calls. And being able to get things out of other members being coached has been such an amazing experience. But I'm like, but I still want to keep doing that. But I'm like, I don't need it anymore. I'm doing good. I can do it. I can revisit in the Facebook groups, and I can revisit the podcast, and I can get those messages if I ever need a little pep talk without being able to actually call and talk to a coach. But knowing that I can do it. And having that positive now has been amazing. But yeah, I definitely, I love and adore the community that has been built within Balance365

JEN

We have a great community, and we're pretty pumped about it too.

ANNIE

We're not biased at all. [Laughs] But like, honestly, and I know because I've coached you a handful of times on calls, that it was almost like a running joke that you would come on, you would share what you were struggling with, what you were wrestling with, I'd give you a few minutes to talk it out. And I pretty much just nod and smile like, "Yeah, you're on the right track. I support your decision to how you want to navigate this obstacle. Sounds great. You've got my two, two thumbs up, my stamp of approval, like go do it." And it was like, you don't need me anymore. You don't need Jen. Like there might be certainly some benefits, obviously. But it's like, I think it's just so amazing to watch you like dig in, do the work, gain the skills and get out and go live your life.

NANCY

Yeah, it has been, it has been amazing. And towards the end I stopped attending as many coaching calls, or going on and getting coaching. There's like, I don't have anything that I really want to talk about or that I need some cheerleading and support to be able to say, "Yes, Nancy, you can do this," because it was like no, I know I can, I know I'm good. I can do this on my own and so once I really realized I wasn't seeking out that, I was like, "Okay, this is the point where I really am good. And I can fly now." [Laughs]

JEN

Fly the nest.

NANCY

Yes.

ANNIE

Jen and I are gonna be empty nesters.

ALL

[Laugh]

ANNIE

We're gonna be bickering with each other because all of our members have gained their skills and they're out doing their thing. Nancy, what would you, if you knew that there was someone listening that was on the fence thinking about joining Balance365. What would you tell them?

NANCY

Definitely do it. If there's any possible way that you think you could benefit from this, I 100% think that you would. This experience has been life-changing for me. It has been just absolutely amazing in my life, in my family's life. My sister has joined coaching now. My dad tried to join coaching but it's a women-only group.

JEN

Oh yeah. I remember that [Laughs]

ANNIE

[Laughs] I forgot about that. Oh, bless your dad.

NANCY

I know. Love it. But yeah, he's on his own journey. And that's okay. But we still talk about it. And he saw how successful I have been in the program. And so people around me have just been able to see it and they're like, "Okay, something's going on here. But nothing too drastic." And so then people are curious and so I think that's what's been the most amazing part of it is you don't have to over change, overhaul everything at one time. It is small, doable thing that you really can do and so nothing in the program is outside of your craft. Nothing is asked of you that you can't do.

JEN

Yeah. When we say the phrase simple, not easy, does that for you...Does that resonate with you?

NANCY

Yes. Going through the process? Not easy at all. But now that I've established them, I'm like, "Oh, yeah, this is not a problem at all." Like, "Oh, wait, but you know, six months ago, that was not an easy habit to have."

JEN

Now it's simple.

NANCY

Now it's simple. And now it's there. And now if it's ever uneasy at all, then I can reevaluate. And I know I can look back at it and go, "Okay, where's the tweaks that needs to be made?" Because it's no longer a big thing that has to be changed. It's just a small tweak.

JEN

Just these little nudges.

NANCY

Yeah, just to get me just refocus a little bit.

JEN

Awesome. Well, we're I...Well, I'm very proud of you. But I hope you are most proud of yourself, Nancy.

NANCY

I definitely am very proud of myself.

ANNIE

I am so thankful for your contribution to our community. I know you have been a great big sister to many members offering your shared experience, you learned your lessons, learned your wisdom, even just a note like, "Hey, I was there too. I get it. And I worked through it. This is what's been helpful." Has been such a huge contribution to our community. So thank you so much.

NANCY

You're welcome. It has been absolutely my pleasure. And I am forever indebted to both of you. So anyway I can help. I'm always there for you.

ANNIE

You're so sweet. Well, thank you for joining us this evening, Nancy, it was good to see your face again.

NANCY

Yours as well. Thank you.

ANNIE

We'll talk soon.

ANNIE (OUTRO)

Hey everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life inside Balance365 coaching. Head on over to balance365.co to join coaching.